

## Activity Risk Assessment: - Orienteering Offsite at Brimham rocks

Carlton Lodge recognises that using a suitably trained / qualified instructor will vastly reduce the inherent risks of the activity. Therefore all Carlton Lodge Activities will be led by suitably trained / qualified instructors.

No	Hazard	Who it effects	Unmanaged Risk	Control Measures	Managed Risk
1	Getting lost/ overdue	Group	Medium	Briefing on map work and boundaries of the area. Students placed into groups of appropriate number. Giving map and a whistle to each group, brief them to only use the whistle in an emergency. Ensure that group stay together if they get lost. Brief the group that all the markers are on established paths. Instructor to navigate to a practice marker with the group if unsure of their abilities.	Low
2	Falling/ Injury	Instructors & Group	High	Ensure adequate footwear. Ensure group knows what to do in the event of injury. Climbing areas are out of bounds for this activity. Good Instructor brief and appropriate level of supervision for the group.	Low
3	Traffic	Group	Medium	Brief group to be careful in the car park and also on the forest track road.	Low
4	Hypo/hyperthermia and exposure	Instructors & group	Medium	Instructors should ensure that the group is appropriately clothed for the weather (e.g. Waterproofs, hat, gloves, warm clothes, sun-lotion etc.). Instructors should ensure that group is appropriately hydrated and monitor the state of all individuals within the group. Instructors should be prepared to stop or have a break during the session. Group needs safety bag readily available. Instructor to ensure this.	Low

5	Other users	Instructors & Group	Medium	Brief the group about the possibility of other users and how to conduct themselves around them.	Low
6	Cuts and abrasions	Instructors and groups	Medium	Warn group in brief about the hazard of roots, rocks, branches etc. Also of scraping skin against rock. Instructor to be vigilant throughout. Advise group members to wear long sleeve tops and long trousers.	Low
7	Slips and trips	Instructor and group	Medium	Appropriate footwear should be worn.	Low